

FREE FALL FITNESS!

EMPLOYEES* can workout this Fall for **FREE!**

FREE access to:

- Cardio Circuit Room
- Lap Swimming
- Baseline fitness testing and results
- Personal fitness program design
- Appointments with a personal fitness trainer

Fall dates: August 28 thru December 17, 2017

** to participate in fitness activities, all Mt. SAC employees or retirees, must first register at the Exercise Science/Wellness Center.*

CARDIO/CIRCUIT ROOM

Monday-Thursday: 6am - 9pm
Friday: 6am - 3pm

LAP SWIMMING

Monday-Thursday: 11am - 1pm

WEIGHT ROOM - Building 44, Room 1800

Monday-Thursday: 7am - 9pm
Friday: 7am - 6pm

GROUP EXERCISE

MONDAYS

3 - 4pm **Strength Training for Weight Loss**
5 - 6pm **Cardio Dance**

WEDNESDAYS

5 - 6pm **Cardio Dance**

THURSDAYS

4 - 5pm **Fight Fit**
5 - 6pm **Yoga**

FRIDAYS

12 - 1pm **Yoga**
2:00 - 2:45pm **Body Blast**

Mt. San Antonio College



The Wellness Center is located in Building 27A, nearest to parking lot D3. (909) 274-4625

